



# MEDICAL MINUTE

Vol. 3, No. 2

Serving the members of Tripler Army Medical Center and Pacific Regional Medical Command

February 2002



Photos by Staff Sgt. Michelle J. Rowan

During the fair, a group of fourth graders gaze in horror and fascination at a collection of bugs brought in by Tripler's Entomologist Dr. Joe Woodrow.

## ***GOT HEALTH?***

### **Tripler staff puts on fair for students**

**Margaret Tippy**

TAMC Public Affairs Officer

More than 30 Tripler Army Medical Center and Schofield Barracks Health Clinic staff members and volunteers provided the 800-plus students of Moanalua Elementary School an educational and fun opportunity Feb. 1, on the school grounds. The first ever Health Fair took place from 8:30 a.m. to 2 p.m.

Tripler soldiers, led by Sgt. Enoc Santos of Tripler's Logistics Division, were at the school before the sun was up to construct tents that would house the tables and displays provided by Tripler staff. Hope Cooper-Oliver, an Advanced Practice Registered Nurse (APRN) and a Certified Diabetes Educator (CDE), at Tripler's Health Education and Promotion

Center, led the nurses, physicians, and civilian staff who worked at the Health Fair.

Under the tents went stations such as "Sun Fun" manned by "Nurse Ben" who in real life is Maj. (Dr.) Ben Thompson, Tripler's chief of the Occupational Health Section. "Nurse Ben" taught the students by example. He had them decide what he needed to protect himself in the sun from sunscreen to hats to umbrellas. "Help! Help!" was another real hit of the fair. Lt. Col. Peggy Khan and Staff Sgt. Odessa Fisher of Tripler's Directorate of Health Education and Training, taught students how to handle emergencies.

An exercising hit was "Survival Fitness" led by Lt. Col. Francine LeDoux, chief of Tripler's Health Education & Promotion Center. She "pumped" the students up while having them exercise in



Jeannie Akana helps a fifth grader get her balance. The students tried out special glasses which allowed them to experience what walking would be like after drinking alcohol.

the Dining Room. It was standing room only with many students waiting outside for their chance to participate. Other stations included "Fast Food Fun," "Play Ball," "Pyramid Challenge," "Teddy Bear Clinic," "Magic Germs," "Dental Health," "Fire Safety," and "Fear Factor."

"Bugs R Us" led by Dr. Joe Woodrow, Ph.D., Tripler's entomologist, had the students squirming as they viewed live scorpions, centipedes, cockroaches and mosquitoes. "This is so cool!" was a frequent comment from the fourth, fifth and sixth graders.

The fifth and sixth graders also had the opportunity to try to walk a straight line with glasses that simulated what walking would be like after drinking.

Many teachers commented on how

See **HEALTH FAIR**, pages 4-5

# FEEDBACK

A place to voice your opinion

**What do you think of our JCAHO score and how the hospital performed during the survey?**



**Staff Sgt. Jacinta Gaskin-Paulsen, Audiology Clinic** — "This was my first JCAHO survey. It was a great learning experience. The Functional Management Teams were a great help. I thought it was a great team effort by all TAMC staff."

**Alex Felix, Tripler Safety Office** — "I think our score reflects our commitment toward excellence. Safety had no findings, and that shows that staff have a high safety awareness."



**Sgt. Steven Arnold, Orthopedics Service** — "We worked extremely hard, and no major deficiencies were found in our area. You want to be perfect, but nobody's perfect."

**Sgt. Mia Turner, Pediatric Clinic** — "I was disappointed with the overall score because of all the man hours that we put into preparation for the survey."



**Sgt. 1st Class Lewis Garrison, Orthopedics Service** — "I think 92 is a good score, but there's always room for improvement. I think my staff and I worked very hard to contribute to the success of Tripler's 2001 survey."

## Tripler scores '92' on JCAHO survey

TAMC Public Affairs Office

Tripler Army Medical Center has received the official results of the hospital's 2001 JCAHO Survey from the Joint Commission on Accreditation of Healthcare Organizations. Tripler Army Medical Center along with Schofield Barracks Health Clinic scored a "92" - a definite "A."

Both the Hospital and Home Care Programs scored in the 90s on the Preliminary Grid, and the Hospital achieved scores of 2 or higher (1 being the highest) in 42 of the 45 Grid Elements, indicating Significant Compliance. The Home Care Program achieved a score of 2 or higher in

all 27 of its eligible Grid Elements.

The Joint Commission evaluates and accredits almost 12,000 hospitals and home care agencies.

The 2001 Survey is the toughest in memory because of all the changes in standards, and the Joint Commission Posture continues to focus on more intense surveys.

Although we didn't score as high as we did in previous surveys, we compare favorably with our military and civilian counterparts.

We seek accreditation for our organization because we want to be the best. Be proud of your contributions to Tripler healthcare. Keep up the good work and congratulations on a job well done!

## CSM's HANDSHAKE OF CONCERN



February  
"Teamwork"

## IN MEMORY

Tripler lost two staff members in the month of January. Lt. Col. (Dr.) Michael Yancey, Residency Program director and assistant chief of the OB/GYN Department, passed away Jan. 27; and Susan Nakamaejo of the Tripler Ear, Nose and Throat Clinic passed away Jan. 29.

The Tripler ohana's hearts go out to the family and friends of these two staff members.

## JCAHO KUDOS

The following individuals and departments are recognized for their efforts during the JCAHO survey last December. These are merely the highlights of outstanding efforts that were reported in the daily outbriefs.

**Individuals cited by name:** \* John Henry \* Marsha Graham \* Don Devaney \* Rob Robinson \* Ray Folen \* Col. Mike Daley \* Col. Paul Wingo \* Col. (Dr.) Larry Burgess \* Col. (Dr.) Dale Vincent \* Col. Lyle Carlson \* Col. (Dr.) Michael Madsen \* Lt. Col. Randolph Howard \* Lt. Col. Suzan Denny \* Lt. Col. (Dr.) Charles Callahan \* Maj. (Dr.) William Henghold \* Maj. (Dr.) Stephen Salerno \* Maj. Danny Morton \* Maj. Darren Gray  
**Functional areas:** \* Department of Pathology \* Facilities Tour \* Home Care Patient Education \* Performance Improvement \* PT/OT Assessment \* Emergency Room \* Department of Radiology \* SNCC \* Pharmacy \* Plastic Surgery Service \* Oncology Clinic \* Infection Control \* Nursing Leadership \* Medical Staff Leadership \* Housekeeping \* Nutrition Care Division \* Performance Improvement \* Operating Room \* Quality Services Division \* Dermatology Clinic \* DoD/ Veterans' Affairs Integration Wards 4B2/3B2 \* Medical Records \* U.S. Army Schofield Barracks Health Clinic

## Medical Minute

<http://www.tamc.amedd.army.mil>

**Commanding General** ..... Maj. Gen. Nancy R. Adams  
**Public Affairs Officer** ..... Margaret Tippy  
**Editor** ..... Staff Sgt. Michelle J. Rowan

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Photos by Lt. Col. (Dr.) Ronald S. Sutherland

**Surgeons from Tripler gather around Dr. Indebir Gill as he performs complex laparoscopic procedures during a surgery demonstration.**

## Urology service hosts seminar

**Lt. Col. (Dr.) Ronald S. Sutherland**  
Program Director, TAMC Urology Residency

The Tripler Urology Service hosted an innovative two-day seminar Jan. 28-29, entitled, "GU Laparoscopy Hawaiian Style."

Dr. Iderbir Gill, visiting professor and world-renowned urological laparoscopist from the Cleveland Clinic, demonstrated new techniques to the urology staff and residents at Tripler as well as to a group of visiting urologists from the Honolulu community.

The program included a series of lectures and a surgery demonstration at the Department of Clinical Investigation. On the second day, urologists witnessed never-before seen surgical techniques on three large-screen video monitors broadcast from the operating room to the Department of Surgery Conference Room. With technical help from Maj. Tony Bowlin, Kamal Pope and others from the operating room to ensure constant video and audio streaming, the urologists observed the two complicated laparoscopic surgeries and interacted with the surgical team. The surgeons consisted of Gill (visiting professor),



**Dr. Charles Kim practices laparoscopic knot-tying techniques on banana peels during the seminar.**

Maj. (Dr.) Keith O'Reilly (urology staff) and Capt. (Dr.) Thomas Dykes (urology chief resident). The program was well received by the 12 community urologists who also claimed 10 hours of category 1 CME (continuing medical education) credits.

As the only urology residency program in Hawaii, the Tripler program routinely provides the Hawaiian community of urologists academic programs such as this one.

## Flyer miles can be kept

Army News Service

The 2002 Defense Authorization Act now allows official travelers to accept promotional items, including frequent flier miles, and use them for personal travel.

According to the new law "any promotional items through official travel belong to the traveler," said Dwight Moore, staff attorney at U.S. Transportation Command and a principle writer of the proposal. He said TRANSCOM recommended the change to Congress.

Mileage received by service members and federal employees before the bill was passed is also "grandfathered," Moore said. People who have accumulated mileage in frequent flyer accounts through official travel over the past years own all of that mileage, he said.

Moore explained that frequent-traveler benefits include points or miles, upgrades, or access to carrier clubs or facilities.

The change in the law was the result of a legislative proposal forwarded by U.S. Transportation Command in 1999 as part of its yearly package of proposals for consideration by the Department of Defense and Congress, Moore said.

The proposal went to all federal agencies for coordination and comment and eventually was sponsored by legislators. The president signed the FY 2002 Authorization Act last month.

One stipulation in the law is that government travelers cannot accept special promotional items that are not available to the general public.

"The promotional material must be obtained under the same terms as those offered to the general public and must be at no additional government cost," according to implementing instructions from the Per Diem, Travel And Transportation Allowance Committee, a Department of Defense activity.



Staff Sgt. Michelle J. Rowan

**Spc. Wanda Henderson of Tripler's Dental Clinic gets some help from a student in demonstrating how to properly brush teeth.**



Margaret Tippy

**Preschooler Joelle Nitta touches her "future doctor" hat to make sure it stays in place.**



Margaret Tippy

**Maj. (Dr.) Ben Thompson educates students on the importance of sunscreen and other sun essentials.**





Staff Sgt. Michelle J. Rowan

**Fifth graders check out a model that shows the effects of tobacco on teeth.**

## HEALTH FAIR:

Continued from page 1

“wonderful it was that they could just show up at the tables and Tripler (staff) did all the rest.”

Principal Ron Harai sent the following message in an e-mail following the Health Fair. “I want to just personally thank you (Tripler) staff for planning and executing such a wonderful event for our children at MES (Moanalua Elementary School) last Friday,” Principal Harai wrote. “The children and staff totally enjoyed the displays and presenters. Please thank all your staff and workers for the great job they did with the students.”

“WE DID IT!” exclaimed Cooper-Oliver. “It is so wonderful that everything and everyone came together for this event.”

The following volunteers and staff manned the tables providing students with health opportunities: Lauri Broad, Rheba McGraw, Capt. (Dr.) Mark Brown, Capt. (Dr.) Cosima Swintak, Anne Seda, Grace Costales, Holly Shenefiel, Lt. Col. Peggy Khan, Staff Sgt. Odessa T. Fisher, Staff Sgt. Gladys Fraticelli, Anna Lee, Staff Sgt. Randy Swarrigin, Capt. (Dr.) Jennifer Hensing, Robin Warren, Beth McMillian, Capt. Evelyn Townsend, Susan Howard, Staff Sgt. Jacqueline Tutwiler, Kelley Lee, Lt. Col. Francine LeDoux, Carolyn LaPrade, Nicole Howard, Spc. Wanda Henderson, Keith Rebello, Margaret Tippy, Joe Woodrow, Hope Cooper-Oliver, Lou Tokumura, Joe Washington, Tonya Pringle and Jeannie Akana.



Staff Sgt. Michelle J. Rowan

**Lt. Col. Peggy Khan walks fifth-grader Huy Nguyen through how to make a 911 call and what to tell the dispatcher during an emergency.**



Margaret Tippy

**Lt. Col. Francine Ledoux leads a group of students in “Survival Fitness” exercises during the health fair.**

# Heart disease affects 60 million Americans

**Capt. (Dr.) Christine Lettieri**

SBHC Family Practice Clinic

Heart disease affects about 60 million Americans and is the most common cause of death in the United States. This article provides an overview of heart disease and most importantly what an informed person can do to reduce their risk of having a heart attack.

Heart disease occurs when cholesterol builds up within the arteries or major blood vessels within the heart. As more cholesterol accumulates, the arteries become narrower, a process called atherosclerosis. The more narrow the arteries become, the more likely it is that a blood clot may form and completely block the artery. When the blockage occurs, blood is unable to reach certain portions of the heart and a heart attack results. The more time that the area is deprived of blood increases the risk of permanent disability, or worse, death from a heart attack.

Certain groups of people are at an increased risk of developing atherosclerosis and consequently a heart attack. The list of "living dangerously" people includes smokers, diabetics, and individuals with high blood pressure and cholesterol. Also, a person is at an increased risk if they have a family history of heart problems.

If a person fits any of these conditions, it is especially important to be familiar with the common signs or symptoms of a heart attack. These can include:

- Pain or pressure in the middle of one's chest
- Pain that extends from the chest to the jaw or shoulder
- Shortness of breath or other difficulty in breathing
- Nausea, vomiting or sweating

These symptoms can occur either while a person is exercising

or at rest. It is important to remember that many people who have a heart attack do not exhibit all of these symptoms. In fact, many think that they are just having "heartburn" or "indigestion." Also, women, especially those who have not yet gone through menopause, tend not to experience these typical symptoms and often just have shoulder or neck pain, nausea, or fatigue. If a person suspects that they or someone they know may be having signs of a heart attack, it is very important to seek immediate medical attention.

Although prompt treatment can be lifesaving, the best "lifesavers" are those practices that prevent heart disease.

Prevention of heart disease includes eating a balanced diet, losing weight if needed, regularly exercising, quitting smoking, and maintaining a normal blood pressure and cholesterol. Specifically, a diet that includes 5 to 7 servings of fruits and vegetables, high fiber, and limited intake of butter and margarine, fatty meats, and dairy products made from 2 percent or whole milk, significantly decreases a person's risk of developing heart disease. Additionally, regular exercise further reduces the likelihood of having a heart attack. Just 30 minutes of brisk walking, at a pace of 3-4 mph, four-to-five days of the week can decrease this risk by over 50 percent!

***"Just 30 minutes of brisk walking, at a pace of 3-4 mph, four to five days of the week can decrease this risk (of developing heart disease) by more than 50 percent!"***

— **Capt. (Dr.) Christine Lettieri**  
SBHCFamily Practice Clinic

week can decrease this risk by over 50 percent!

Ask your Primary Care Manager if you have further questions concerning heart disease or these preventive matters. Additionally, the Schofield Barracks Family Practice Clinic offers the quarterly Hypertension/ Hyperlipidemia group clinic. This three-hour educational experience includes sessions from a nutritionist, pharmacist and health psychologist and is geared for those patients with high blood pressure and cholesterol, two of the major risk factors for heart disease. If you are interested in attending the next quarterly session, contact your PCM.

## Captains, staff sergeants can soon review OMPF online

**Staff Sgt. Marcia Triggs**

Army News Service

Captains and staff sergeants who are being considered for promotion this spring and summer will soon be able to review their Official Military Personnel Files (OMPF) online.

OMPF Online, which kicked off in November for sergeants first class being considered for promotion, is expanding to more of the force. Captains being considered for promotion will be able to look at their records online beginning Feb. 1, and staff sergeants being considered by the June board will be able to look at their records online March 1.

In the past three months, OMPF Online has already proved to be a cost-savings initiative for the Army, said Col. Howard Olsen, the Enlisted Records and Evaluation Center (EREC) commander.

"About 10 percent of the 20,000 sergeants first class that reviewed their records online opted not to request their microfiche," Olsen said. "It costs about \$1.40 to produce a microfiche, so just multiply that by 2,000."

EREC's goal by fiscal year 2003 is to eliminate the need for soldiers to request microfiche, which will save the Army an enormous amount of money annually, Olsen said.

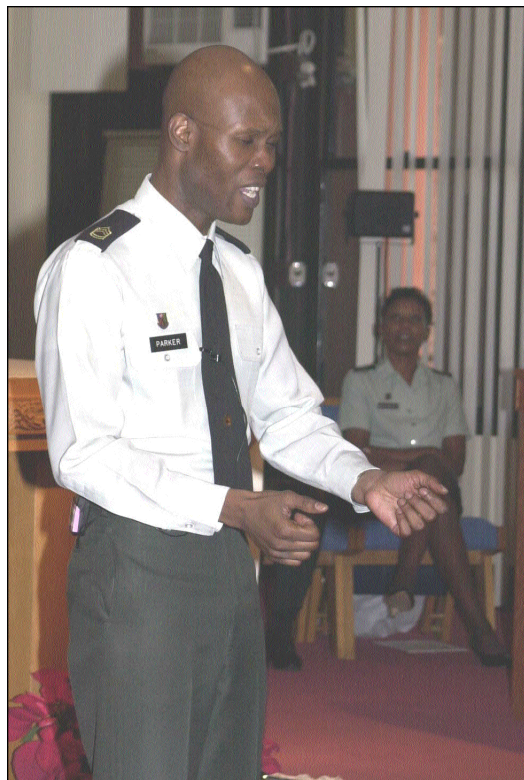
EREC has set a goal for the entire

Army to be able to view military records online by June, Olsen said. In April, new software for the complimentary feature "Field to File" is scheduled to be tested.

Field to File will enable soldiers to send official military personnel documents such as awards and Noncommissioned Officer Evaluation Reports directly from a battalion or brigade S-1 to the soldiers' OMPF at PERSCOM.

By the end of February, there will be 19 digital senders throughout the Army, Olsen said. However the senders are difficult to manage and maintain, and EREC wants to find a way that soldiers can send in their documents from their own computers.





Staff Sgt. Michelle J. Rowan

## EO hosts MLK celebration

At left, Sgt. 1st Class Matthew Parker of the TAMC Equal Opportunity Office, performs "Let Freedom Ring" during a tribute to Dr. Martin Luther King Jr. Jan. 10.

The Tripler Army Medical Center Chapel was packed with staff and other visitors for the event, which celebrated the life of the civil rights advocate.

The hour-long celebration, which was organized by the Ethnic Observance Committee, included a presentation on the life of King by Lt. Col. Mary Jones-Morgan, Lt. Col. Lang Pham and Maj. Vikki Carr as well as musical performances by Staff Sgt. Ivella Dennis, Sgt. Gustavo Ruiz and Sgt. 1st Class Matthew Parker.

King would have celebrated his 73rd birthday Jan. 15.

The guest speaker for the celebration was Rev.

Houston T. McLendon, pastor of the Trinity Missionary Baptist Church. McLendon, who had served 21 years in the Air Force, shared stories of his experiences in the service.

The next EO activity will be held in celebration of Women's History Month. It is scheduled for March 15 at 11 a.m. in the Kyser Conference Center.



McLendon

## Outreach to identify TRICARE For Life eligibles, pay claims

### TRICARE Management Activity

TRICARE For Life, a new health benefit extended by the Department of Defense (DoD) to approximately 1.5 million beneficiaries aged 65 and over, provides pharmacy benefits and TRICARE coverage secondary to Medicare. More than 3.1 million health care claims have been paid since the program started in October 2001. Payment for some health care claims, however, was initially denied by TRICARE for individuals recorded as being ineligible for TRICARE in the Defense Enrollment Eligibility Records System (DEERS). In many cases, these denials were based on people who have "expired eligibility" in DEERS, meaning that their eligibility has not been re-verified in the last four years as required by DoD policy.

DoD announced today that TRICARE claims will be paid for a limited time for TRICARE For Life (TFL) beneficiaries with "expired eligibility" in DEERS. Claims filed beginning Oct. 1, 2001 but denied due to "expired eligibility" will

be automatically reprocessed. Neither beneficiaries nor providers will be required to resubmit the denied claims.

Beneficiaries are required, however, to ensure their eligibility is updated in DEERS by Aug. 1, 2002.

"We want to ensure that our beneficiaries, some of whom are re-entering the Military Health System, and using TRICARE for the first time, have the best possible experience and receive their rightful benefits. We will do everything we can to overcome initial difficulties that may arise," explained Dr. William Winkenwerder, assistant secretary of Defense for Health Affairs. "We understand that some of our elderly beneficiaries who have not used military benefits in many years may not have kept their military eligibility files updated or they may be unable to make contact with the military."

"We are working with DoD leaders who manage the DEERS system and with The Military Coalition and the National Military and Veterans Alliance to redouble our outreach to these

beneficiaries," said Winkenwerder.

After Aug. 1, 2002, claims received for beneficiaries with expired eligibility will be denied until the eligibility information is updated.

Charles Abell, assistant secretary of Defense for Force Management Policy is working with the Personnel community on the Department's outreach effort. "We will help our beneficiaries understand how to update their eligibility information," Abell said. "And we are exploring how we can make this process easier for those unable to travel."

To learn how to update or re-verify eligibility for those persons 65 and older, beneficiaries who have received an Explanation of Benefits (EOB) stating that they need to get a new military ID card should call 1-800-361-2620.

For more information on TRICARE for Life, interested persons can visit the TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil), or call the TRICARE Information Center, toll-free, at 1-877-363-5433 (1-877-DOD-LIFE).

# Soldiers must choose retirement option

Army News Service

The first soldiers eligible for a \$30,000 bonus must decide by March 1 whether they want the new Career Status Bonus/REDUX retired-pay plan.

Under the CSB/REDUX plan, soldiers essentially receive \$30,000 of their retirement pay early, at least five years before hanging up their uniforms, a personnel official said.

The March 1 deadline for the bonus applies to soldiers who began their service after July 31, 1986, and before March 1, 1987. They must select between either the High-Three or CSB/REDUX retirement options.

A few soldiers already opted for the CSB/REDUX plan when they signed up for the Thrift Savings program, officials said. They explained that soldiers are supposed to make the decision by the 15th anniversary of their entry into service, but the initial deadline was delayed until March 1.

Choices about such options need time and careful thought, said Gary F. Smith, former chief of Army Retirement Services in the Office of the Deputy Chief of Staff for Personnel. He described the career-status bonus as smart for someone who will invest the \$30,000 wisely.

Many soldiers are unsure which retired-pay plan they are covered by, personnel officials said. They explained that three different plans are currently in use. The plan a soldier uses is determined by his or her DIEMS, or Date Initially Entered Military Service.

Soldiers with DIEMS before Sept. 8, 1980, receive a percentage of their final basic pay. Those with DIEMS on or after Sept. 8,

1980, receive a percentage of the average of their highest 36 months of basic pay, referred to as the High-Three formula. Soldiers with DIEMS after July 31, 1986, may choose between the High-Three and Career Status Bonus (CSB/REDUX) formulas. Each formula begins with the number of years of creditable service, officials said.

A notice will appear on qualifying soldiers' Leave and Earnings Statements alerting them that they must choose a formula. The choice cannot be changed once made, officials said.

Soldiers choosing the CSB/REDUX option receive a \$30,000 career-status bonus during their 15th year of service and agree to serve five more years. Retired pay then equals the number of years of creditable service multiplied by 2.5 percent, minus 1 percent for each year of service under 30, multiplied by the average of the soldier's highest 36 months of basic pay.

The \$30,000 career-status bonus is subject to federal and state taxes. According to the Internal Revenue Service's elective deferral limit, citizens may shelter up to \$11,000 in tax-free savings programs such as the Thrift Savings Plan in 2002.

To take or decline the Survivor Benefit Plan is perhaps soldiers' toughest retirement decision, Smith said.

"Initially, it looks like a lot of money going into something you don't automatically see the value of," Smith said. "And some soldiers think they'll be better off investing the money elsewhere, but they don't, leaving survivors without income protection when the soldier dies."

A proactive attitude is Smith's advice for a smooth retirement. "Don't be afraid of retirement. It's natural to be anxious," he said. "But go into it with a positive attitude and be proud of yourself. That will make the experience so much more pleasurable."



Staff Sgt. Michelle J. Rowan

## DECON PRACTICE

Members of Tripler's Special Medical Augmentation Response Team's (SMART) Nuclear, Biological, Chemical (NBC) section practice running a casualty through a decontamination site Jan. 23. In addition to the SMART team being on hand for the exercise, NCOICs from around the hospital came out to watch and learn from the team.



# Ask the Doc ...

## *Most supplements not regulated for safety, effectiveness*

TAMC Family Practice Clinic

**Q: I work out hard, but always fall short of maxing the APFT by just a few points. Some of my buddies swear by mega-vitamin and supplement packs. Is there anything out there that can give me the boost I need?**

A: First of all, great job on your dedication to physical training and on your desire to excel to the utmost. Although many athletes use dietary supplements in the hopes of improving their performance, mega-vitamins, herbs and most other supplements can be extremely costly and are not regulated for safety or effectiveness like over the counter medications and prescription drugs. Some supplements have even been linked with sudden death in otherwise healthy active-duty soldiers. Watch out in particular for products containing ma huang, also known as ephedra, which can cause heart problems. Products containing steroids can cause permanent breast and genital changes; most are illegal. Creatine seems to be a relatively safe supplement in normal doses, but long-term effects are not known and high doses have caused kidney problems in animals. Moreover, the effectiveness of creatine seems to vary based on the individual as well as the activity. Mega-dose vitamins are toxic over the long term and are able to cause everything from eye to nerve problems. For soldiers on flight status, the use of mega-dose vitamins is medically disqualifying (APL 141).

As a rule of thumb, more is NOT better when it comes to using supplements. If you choose to use supplements, it is important to let your physician know, especially if you are being seen for an acute problem or are undergoing surgery. For the best bet in improving your physical performance, see a Master Fitness Trainer who can help you work on your push up and sit up technique as well as individualize an exercise program for you. With the proper motivation and training, your physical performance goals are sure to be met without supplements that can affect your health!

**Q: Since I've come onto active duty, I've had really bad acne outbreaks even though I scrub my face three times a day and avoid greasy foods and chocolate. My official photos are coming up in a few months and I feel so ugly! What else can I do?**

A: Acne commonly affects young adults and sometimes older adults as well. Too often, acne can be an unnecessary source of embarrassment, leading to social withdrawal and a poor self-image. Contrary to popular belief, it is not caused by

poor personal hygiene or by eating certain foods. Acne is actually caused by plugged skin follicles. During times of hormonal change, the sebaceous glands of the skin produce increased amounts of a substance called sebum. Some individuals naturally produce more sebum than others do. Not only does sebum irritate the skin, it also allows a bacteria that normally grows on skin (called *Propionibacterium acnes*) to flourish. Scrubbing the face vigorously is usually counterproductive since it can further irritate the skin. Individuals with acne should instead gently wash their face with a mild soap (such as Dove, Purpose, Basis) no more than 2 or 3 times a day. Benzoyl peroxide is a popular over the counter acne agent that works well by killing bacteria. However, over use of benzoyl peroxide products may irritate the skin, especially if they are applied immediately after washing or while the skin is still wet.

Certain types of birth control pills such as Ortho-Novum and Tri-Cyclen can improve acne. Other birth control pills such as Lo-Ovral and Ovral can make acne worse.

For individuals with acne that is severe, cyst like or not responding to over-the-counter treatments, don't wait until scarring occurs before making an appointment with your family physician or nurse practitioner. Prescription antibiotics like tetracycline and minocycline can be used with or without benzoyl peroxide to kill bacteria. Beware that birth control pills may not work as effectively in preventing pregnancy when these medications are taken. Treatments like Retin A and Accutaine actually break down plugs and can prevent acne from reoccurring in the future. Both may take several weeks before working to their fullest and flairs of inflammation are common within the initial weeks of treatment while the plugs are being broken down. Accutaine, also known as Isotretinoine, is often used only when other treatments have failed since it requires the monitoring of liver, triglyceride and blood cell levels. It can also cause birth defects, so females must use at least two methods of contraception when taking Accutaine. Acne is a problem that no one should have to suffer with when so many treatments are available!

For more information on any of the Ask the Doc topics, check out <http://familydoctor.org>.

Anyone who would like to submit a question to "Ask the Doc" may write to: Ask the Doc, Family Practice Clinic, Tripler Army Medical Center, 1 Jarrett White Road, TAMC, HI 96818, or send an e-mail to [Michelle.Rowan@haw.tamc.amedd.army.mil](mailto:Michelle.Rowan@haw.tamc.amedd.army.mil). If you have a question that needs to be addressed immediately, contact your PCM.



# Pentagon Fund raises \$4 million

**Staff Sgt. Marcia Triggs**

Army News Service

The Pentagon Victim's Fund has raised \$4 million so far to help the families of soldiers killed during the Sept. 11 terrorist attack on the Pentagon.

The Pentagon Victim's Fund — part of Army Emergency Relief — serves two functions, said Gregory Mason, AER deputy director for finance and treasurer. "First there is the immediate financial relief of the families involved. Then, we're providing secondary education to the children of the victims."

So far, there have been 35 children designated to receive complete funding to attend a university or continuing education school of their choice, Mason said. The only requirement, he said, is to get accepted by the school, and remain in good standing under the school's standards.

"The youngest of the 35 children will be born next month," Mason said. "The oldest is 21 and currently in school. The rest of the children range in age from 2 to 15."

Most of the contributions have come from individuals, Mason said, but a few companies have given donations to the fund. A commissary supplier donated \$20,000 to the Pentagon Victims Fund.

The annual AER campaign kicks off March 1 through May 15. Last year AER made available to soldiers \$35 million in interest-free loans, \$3.4 million in grants and \$2.3 million in scholarships.

## THE WINNER'S CIRCLE

### Re-enlistments

Spc. Damian Irish  
Spc. Noel Roman  
Sgt. Carlos TorresOrtiz  
Spc. Mark Jones  
Spc. Kristi Keyser  
Master Sgt. George Broadwater  
Staff Sgt. Javier Noriega  
Staff Sgt. Stephanie Campbell  
Staff Sgt. Cynthia Maye  
Staff Sgt. Nejla Matthews  
Sgt. Patricia Font  
Sgt. Zarita Johnson  
Sgt. Tyrone Booze  
Sgt. 1st Class Elva Sanborn  
Sgt. 1st Class Ramon Diaz  
Staff Sgt. Linwood Russell Jr.  
Sgt. Frederick Ledoux  
Sgt. Stanley Taylor  
Sgt. Pamela Resendez

### Awards

Lt. Col. Leonard Cancio - Meritorious Service Medal  
Maj. Elizabeth Kelly - MSM  
Capt. Michael Watson - MSM  
Staff Sgt. Robert Marquez - MSM  
Sgt. Kevin Lambert - MSM  
**"A" Proficiency Designator awardees**  
Lt. Col. Michelle Janosik - director of Critical Care Nursing

Col. Linda Jellen - chief of Social Work Services

### Commander's Coin recipients for Holiday Ball

Col. Donna Diamond  
Lt. Col. Christine Piper  
Lt. Col. Mary Jones-Morgan  
Lt. Col. Joseph Pina  
Maj. Jeff Ashley  
Maj. Debra Boykins  
Maj. Kelly Peroutka  
Maj. Debra Roache  
Capt. Brad Franklin  
Capt. Julie Robertson  
Capt. Pamela Wulf  
Capt. Andrew Magnet  
Capt. Amy Trevino  
Capt. Laura Espino  
Staff Sgt. Toby Appleton  
Sgt. Kevin Lambert  
Dr. Patricia Nishimoto  
Nanett Trent  
Janice Yasuda  
Carol McCann  
Joann Mew  
Vicki Rogers  
Karen Koizumi  
Ralen Yamashiro  
Lori Keliipaakaua

# Army Times looking to highlight special soldier

TAMC Public Affairs Office

*Army Times* is proud to announce the second annual Army Times Soldier of the Year Award.

The award is designed to recognize a special soldier who has shown unusual or heretofore unrecognized honor, valor and dedication to fellow soldiers and the community during 2001.

*Army Times* will honor this "everyday hero" of the U.S. Army, one whose efforts unselfishly and consistently go above and beyond the call of duty at a ceremony on Capitol Hill. Maybe this Soldier is someone who jumped in to help out in a desperate situation or someone who has helped an important cause. We're looking for someone who is always ready to lend a hand, who sees what needs to be done and unselfishly does it, or that person who inspires and

motivates others to be better people.

The *Army Times* Soldier of the Year Award is particularly meaningful because the winner is selected from the nominations of Soldiers themselves, the readers of *Army Times*.

Nominations must include:

- \* Your name, address, commercial phone number and e-mail address.
- \* Your nominee's name, address and commercial phone number.
- \* Your nominee's current unit commander's name, address and commercial phone number.
- \* In 300 words or so, please describe why you feel your nominee deserves this award. Nothing fancy. Just make it legible.
- \* Names and contact information of three people who can verify the achievements of your nominee.
- \* Nominees must be active duty, Guard or Reserve through June 14, 2002.

\* Deadline for nominations is April 12, 2002.

Nominations may be sent:

Online: [www.armytimes.com/soldier](http://www.armytimes.com/soldier)

E-mail: [soldier@armytimes.com](mailto:soldier@armytimes.com)

Mail to: Soldier of the Year Award, Army Times, 6883 Commercial Drive, Springfield, VA, USA 22159

Fax to: Soldier of the Year Award – (703)642-7325

Someone you know deserves this award. It might be a Soldier in your platoon or simply someone you've admired from afar. (For once, rank is irrelevant.) *Army Times* Soldier of the Year winner and honorable mention recipients will be announced in *Army Times* this spring. An awards ceremony on Capitol Hill will follow in May 2002. Maybe you know a soldier who inspires and motivates others to be better people and better Soldiers.



# Slam Dunk

## Tripler team takes on Shafter league

TAMC Public Affairs Office

The U.S. Army, Hawaii's intramural basketball season is off and running, and a team from Tripler is right in the middle of the action.

With a record of 6 wins and 2 losses so far this season, the team is currently tied for second place in the league.

"We have a good team," said Coach Francis Labuda, NCOIC of Tripler's Pharmacy Department. Labuda said the team's biggest problem is getting the players to be available to play the games.

"We have a lot of players that do shift work, so it's hard for them to make it to some of the games," he said. Of the team's 12 players, he said usually about eight make it to a game.

The Tripler team is comprised of staff members from around the hospital, the Pacific Regional Dental and Veterinary Commands as well as a few family members.

The season began Jan. 7 and is scheduled to last until mid-March when the post season tournament is set to begin. The TAMC team has about five to six games left to improve their ranking and show the nine other Shafter teams what Tripler can do.

If Tripler does well in the Fort Shafter league's tournament, the team will compete in Schofield's tournament for the title of top Army basketball team on island.

Tripler currently has games set for Feb. 19 at 6:45 p.m. and Feb. 25 at 5:45 p.m. Games are played at the Fort Shafter Physical Fitness Center; come out and show your support.

**At right, Juan Thurmond (#13) of Tripler decides what to do as Frank Herring (#22) and Sherrick Cunningham (far left) try to get open. The Tripler team ended up losing this bout 61-41, which brings their record to 6-2.**



Photos by Staff Sgt. Michelle J. Rowan

**During the Feb. 11 game against the 516th Signal Brigade, Tripler players Sherrick Cunningham (#12) and Donald Dickerson (#11) attempt to take control of the ball from the Signal player.**



## NEWS BRIEFS

### Spring Golf Scramble set —

Tripler's Spring Golf Scramble will be held at 12:30 p.m. March 1 at the Navy-Marine Golf Course at Pearl Harbor.

The scramble is open to both military and civilian staff members, their family members and guests.

Entry fee is \$8 plus a green and cart fee: \$25 for military members and

family members, \$35 for Department of Defense/Army civilians, and \$45 for kama'aina guests.

All entry forms complete with full

payment must be submitted by Feb. 19. TAMC personnel may turn in their forms to their respective company commander; all other personnel may turn forms into Capt. Gregory Punch in Bldg. 104.

The top three teams will be awarded Pro Shop gift certificates and all personnel will be eligible for random door prizes.

For more information, call 433-9131.

### Dining facility offers special

**meal** — In celebration of African American Heritage Month, the Tripler Dining Facility will offer a special meal Feb. 19 during its lunchtime meal, which is from 10:45 a.m. to 2 p.m.

The menu will consist of Chicken Gumbo Soup, Southern Fried Catfish, Orange Poached Catfish, BBQ Spareribs, Fried Chicken, Black-Eye Peas, Southern Style Greens with Ham Hocks, Macaroni and Cheese, steamed cauliflower, potato salad, salad bar, fresh fruits, steamed rice, cornbread with honey, sweet potato pie and a sundae bar.

### Preretirement orientation offered

— A semiannual preretirement orientation for soldiers with 18 or more years of active service will be presented Feb. 27 from 8 to 11:30 a.m. at the Sergeant Smith Theater on Schofield Barracks.

Spouses of applicable military personnel are also encouraged to attend.

Information concerning the benefits and privileges of military retirement will also be provided. Representatives from

federal and state agencies and military staff offices will be available to answer individual questions after the presentation.

For more information, call the Retirement Services Office, 556th Personnel Services Battalion, at 655-1514.

### Annual Prayer Breakfast set —

Tripler's annual Prayer Breakfast is set for Feb. 20 at 6:30 a.m. in the Tripler Dining Facility. Guest speaker is scheduled to be U.S. Army Pacific Command Chaplain (Col.) Gary Councill.

For more information, call the Department of Ministry and Pastoral Care at 433-5727.

### Donor Center always in need of

**blood** — To ensure Tripler has a sufficient amount of blood on-hand at all times, the Blood Donor Center is constantly in need of donors. Military eligible donors include active-duty servicemembers, their family members, retirees as well as Department of Defense civilians.

Call Tripler's Blood Donor Center at 433-6699 to get the center's hours or the location of the next blood drive.

### Nominations for CARES Award

**due** — Nominations for the CARES (Compassionate, Attentive, Responsive, Enthusiastic and Smiling) Award Program for the next period are due Feb. 22. Every other month, one enlisted, officer and civilian employee are chosen out of nominations by staff, patients or visitors.

Award criteria and nomination forms can be found on the intranet under Department of Ministry and Pastoral Care (DMPC). Upon completion, the forms should be forwarded to the DMPC.

For more information, call 433-5727.

### Spouses' Club offers

**scholarships** — Hui O'Wahine, the spouses' club serving Fort Shafter, Tripler

and Camp Smith, is offering two scholarships to high school seniors graduating in the year 2002. Any child of an active duty, reserve, retired or deceased Army soldier living in Hawaii may apply. Children of current club members may also apply.

In addition, the Hui O'Wahine is offering one continuing education scholarship to current club members. The scholarships are for the 2002-2003 academic year.

Rules and applications may be picked up at the Fort Shafter Thrift Shop on Tuesdays and Fridays from 9 a.m. to 1 p.m. Completed applications are due March 15.

For more information, call Ann Marie Reilly at 262-1117.

### Outpatient Pharmacy open

**Monday through Saturday** — Tripler's Outpatient Pharmacy is centrally located on the 4th floor of G Wing. The following are the Outpatient Pharmacy's hours of operations:

#### New Prescription Window

8 a.m. to 6 p.m. — Mondays,

Wednesdays and Fridays

8:30 a.m. to 9 p.m. — Tuesdays and Thursdays

8:30 a.m. to 4 p.m. — Saturdays

Closed on Sundays and federal holidays

#### Refill Window

8 a.m. to 4 p.m. — Mondays,

Wednesdays and Fridays

8:30 a.m. to 4 p.m. —

Tuesdays and Thursdays

\* Refills may also be

picked up at the New

Prescription side after

refill window is closed.

#### Hardcopy Window (Handwritten Prescriptions)

8 a.m. to 4 p.m. — Mondays,

Wednesdays and Fridays

8:30 a.m. to 4 p.m. — Tuesdays and Thursdays

\*Hardcopy prescriptions will be processed on the New Prescription side when window #7 is closed.

For prescription questions and other pharmacy information, please call 433-7880.

